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*Cooperative
Extension
Service
Work
with*

LOW INCOME FAMILIES



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Compiled by Miss Josephine Pollock, Division of Home Economics,
Federal Extension Service, U. S. Department of Agriculture.

COOPERATIVE EXTENSION SERVICE WORK WITH LOW INCOME FAMILIES

The Cooperative Extension Service has found many ways to assist families of low socio-economic status, not only through the regular on-going home economics programs but also through special projects planned particularly for them. There has been much cooperative effort with other groups.

In some situations the Extension Service has planned a program through regular channels and has sought assistance from other agencies and organizations; in other situations another agency or organization has done the major planning and the Extension Service has made special contributions. The general consensus is that education is a real necessity in helping disadvantaged people improve their situation. Someone has said, the time-tested maxim of "helping people to help themselves" might better be "educating people to help themselves." The maxim of "start where they are and help them see where they can go" is still a good guiding principle.

To find the extent to which the Extension Service has incorporated work with families of low socio-economic status into its program, a

survey was made of 1962 State annual reports of home economics Extension work. Members of the Federal staff in home economics Extension also checked their files for other reports that had been received over the past year. These sources indicate that much is being done. Every State has some disadvantaged people; some regions of the United States, however, have a larger proportion than others--for example, the Appalachian Region.

An attempt will be made in this compilation to show, by use of direct quotations from reports and from pertinent letters received by FES home economists, how the work with families of low socio-economic status is carried on. The quotations are not mutually exclusive--some could be used to illustrate a number of things. The material presented in this series of seven circulars is organized as follows:

1. Cooperative Extension Service Work With

- LOW-INCOME FAMILIES

2. Cooperative Extension Service Work
With Low-Income Families

- USING DONATED FOODS

3. Cooperative Extension Service Work With
Low-Income Families in

- LOW-RENT PUBLIC HOUSING

4. Cooperative Extension Service Work
With Low-Income Families

- MIGRANTS

5. Cooperative Extension Service Work
With Low-Income Families

-- THE AGING

6. Cooperative Extension Service Work
With Low-Income Families

-- INDIANS

7. Cooperative Extension Service Work
With Low-Income Families

REPORT OF SEMINAR
June 3-7, 1963
Washington, D.C.

Massachusetts

The 1962 plan of work said that the problems outlined were not unique to the present but had been family and community problems for years, and programs have been chipping away at these problems.

The plan envisioned one or more opportunities to reach families in the low-income group in housing developments in Boston and the counties. It stated, "Their problems are not new but to us it is a new audience, one with which, as middle-class teachers, we have had little experience. The problems in many cases are more severe than those of middle-class families we now serve. Effective methods to reach the individual and the family in this income group have yet to be tried and proven. The year ahead will include staff training for work with this group and the setting up of benchmarks for evaluation of progress."

The establishment of a 2-year pilot project March 1, 1962, with the United South End Settlements, Boston, has already given the State staff new vigor.

Kansas

Indirectly, many programs bear on the problems of those of low socio-economic status. The Extension specialist in family life in Kansas is president of the Kansas Council for Children and Youth. This is a council of individual members and organizational delegates concerned with the emotional, cultural, ethical, and physical growth and development of children and youth. Although essentially a voluntary association, the council has been recognized by the last five Governors of Kansas as the State liaison group for White House Conferences on Children and Youth.

KCCY has active committees studying problems, programs, and services to children and youth. It publishes a newsletter and provides programs so that more can be learned about the needs of children, proposed legislation affecting children and youth, new trends in services, and new developments in other organizations and institutions serving young persons. It provides a sounding board, an exploratory forum, an interpretive medium, and an educational outlet in these areas. The council not only assists members and delegates in becoming acquainted with existing conditions and needs in the State, it also provides a means for focusing and channeling efforts to meet these needs.

Another Kansas family life specialist serves as secretary-treasurer of the Council on Aging, a member of the board of directors and the executive board. She is chairman of the Long Range Plans Committee for the Council.

The members of the board of directors of the council represent several areas of interest. Among these are a State senator and a State representative, two physicians, a psychiatrist, five university professors, a director of a church home for the aging, a social welfare director, the director of a heart association, a nursing home director, and a homemaker.

Wisconsin

A specialist in child development and family relations serves on the Wisconsin Committee for Children and Youth: School Dropouts Committee. The situation has been presented, the causes for dropouts discussed, and a definite program has been set up for committee study in 1963. Work already being done in the State through various agencies has been studied. On this committee, the specialist has the opportunity to work with physicians, high school teachers, ministers, vocational school teachers, law enforcement personnel, employment service personnel and lay representatives of other organizations.

No doubt Extension staff members in other States serve on similar councils and committees.

SITUATIONS AND PROBLEMS

Situations and problems that point up the need for special educational work with families of low socio-economic status are included in many reports. Many States are analyzing the situation carefully and making increasing use of applicable data, such as census figures, surveys and studies, and other available material.

Long-term objectives stated in the 1962 California plan of work for home economics Extension exemplify such trends. They are:

A. To make an inventory of all possible audiences in each county especially utilizing present and forthcoming data from the Bureau of the Census and similar sources.

B. To continually search for new ways to reach and work with new audiences, and especially with audiences that in turn reach others.

C. To conduct applied research.

North Carolina

A county report states that work in clothing was based on facts from the Negro Homemakers' Study. The study families were from rural, rural nonfarm, and urban homes. The majority of the homemakers rented their homes, 43 percent owned their homes; 48 percent were between 30-49, and 34 percent were 50-60 years of age. More than two-thirds of the homemakers had an income of less than \$2,000 annually.

Thirty-six percent of the member homemakers under 30 years of age owned a sewing machine, as compared with 59 percent or above for other groups; 60 percent of the member homemakers and 40 percent of the non-member homemakers did some home sewing; 7 out of every 10 members, and 5 out of every 10 non-members made or bought 3 or more dresses for themselves during the year; homemakers bought more family clothing articles than they made. Members made an average of 5 family clothing articles during the year the study was made, and in comparison they bought an average of 26 clothing articles.

Alabama

The need of youth for mature, adult guidance was selected as the major overall county problem for emphasis in 1962. A questionnaire survey was made with the home demonstration clubs in 1961. Sixty-eight percent of the homemakers directly or indirectly stated the main problems to be in the area of youth and family. There are many young people with emotional problems who need a stable home with proper adult guidance. Many preteens and teenagers are left at home without adult supervision and with idle time while the parents work. The county has 2,425 rural women in the labor force.

Wisconsin

As a result of the census taken at the migrant camp in Jefferson County, the most urgent need as expressed by adult migratory workers was not only to learn to speak the English language, but to learn to read and write it in order to obtain a driver's license, buy groceries, and participate in community activities.

Kentucky

The situation in one section of the State is described as follows:

In Eastern Kentucky there is a high proportion of the population at the survival level of living. The per capita income of approximately \$650 includes a large percentage of unearned income in the form of welfare. This amount is one-half the per capita income of the rest of the State and less than one-third that of the Nation. The educational level is generally low, with 22 percent of the people being functionally illiterate.

The health and nutritional needs are not being adequately met because of the low income level. This could and undoubtedly is a contributing factor to the lack of energy and ambition. Over half of the housing in the area is poor and sanitary standards on the whole are very low. Lack of adequate and acceptable clothing is one of the important contributing factors to the high percentage of school dropouts.

Michigan

The supervisor of the Family Service Unit of the welfare department in Kent County was very anxious to put an educational program for ADC mothers into effect in Grand Rapids and had asked the assistance of the home agent. Most of the ADC mothers had very serious problems in many areas of home-making. Most of them operate on a deficit each month, which makes it hard for them to attain the necessities for their children--it means very wise and careful management of their money and other resources and many of these mothers do not have the training for this. Also, because of their situation they are depressed and not inclined to do their very best.

They have problems with their children--visiting teachers find it necessary to call on them and discuss such problems as school attendance, cleanliness, and poor attitudes on the part of the children. Housing complaints are quite often made against these ADC mothers because of lack of cleanliness, fire hazards, poor use of garbage disposal facilities, etc. The caseworkers also find personality problems that group therapy in the classes can relieve. Some are very untidy about their persons, some cannot make friends, some set poor examples for their children in the very qualities which they expect their children to develop--honesty, dependability, etc.

Illinois

In 1960, 20 percent of the Illinois population was in the 45-64 age bracket and 10 percent was 65 or older. The number 65 or over increased 29.2 percent from 1950 to 1960 so that in the 1960 census Illinois ranked fourth among the States in the number of older citizens. Many senior citizens are not equipped to make changes and adjust to the life they are forced to live. Nursing homes are often below standard, inflation has shrunk their savings, medical costs are high, a highly competitive labor force makes employment difficult. Too often the family and community are so involved with other problems that the senior citizens become the neglected group.

Indiana

Two problems listed in the annual report:

1. Lack of knowledge of how to participate in organizations and associations in a society that sets a high value on equality. One means of teaching social behavior is through organizations and associations. Participation skills learned in the home demonstration clubs are used in these and other organizations.

2. Lack of a sense of confidence and security on the part of family members as a result of a deficit in knowledge about how to dress, to converse, and to be informed. The lack of knowledge becomes a problem because of the increasing mobility in society. One-fourth of the families move each year.

Society is fast changing and new standards of behavior are introduced by both social and geographical mobility. Behavior, dress, and possessions are increasingly important as status symbols. The increased number of women entering the labor market means they must have certain social skills to gain employment.

COOPERATING WITH OTHER ORGANIZATIONS AND AGENCIES

Working with disadvantaged people frequently involves cooperation with many people and organizations, both governmental and volunteer. Among those mentioned have been: Council for Children and Youth; county judge; county health committee; city recreation director; Governor's Committee on the Aging; heart association; home economics public school teachers; juvenile court; ministers and priests; nursing home director; physicians; Public Housing Authority; public welfare--aid to dependent children caseworker, and division of services for the blind; public utilities; Public Health--director and nutritionist; Salvation Army; staff members from other departments--e.g., agricultural engineering, entomology, and rural sociology, Urban League; vocational rehabilitation supervisor; YWCA.

Some examples of cooperative efforts are given below:

Alabama

The TVA home economist at Wilson Dam asked the food preservation specialist to conduct a 1-day training meeting for nine Peace Corps members who were to be stationed in the Sao Francisco Valley, Brazil. Basic principles of drying and canning fruits, vegetables, and meats (available in that region) were demonstrated. Making or improvising equipment to use in preserving foods was discussed and examples were shown. The importance of the basic four food groups was emphasized, as well as what foods are in these four groups and why they are needed by the body.

Clothing bulletins were supplied to the TVA home economist and the Lauderdale County home demonstration agent for use in training members of the Peace Corps. Old bulletins and information suitable for underdeveloped countries were the type wanted.

The housing and equipment specialist worked with the TVA home economist in planning a program on kitchen-laundry improvements for 12 counties in the State. The home economist and the specialist conducted 2 training programs for the agents and 4 for the 129 leaders. This program has only recently been initiated in the counties; hence, no evaluation has been made.

Kentucky

An extensive program on the use of food stamps was carried on in Floyd County with the food stamp recipients. The success of this educational program was due partly to the coordination of the efforts of the welfare and health departments, the ministers in the churches, the radio stations, and grocers who were accredited to sell foods in exchange for stamps. Extension personnel involved were: a foods and nutrition specialist, a rural sociology specialist, and members of the Floyd County staff.

Delaware

Another effort to reach low-income families was made with the Kingswood Community Center in Wilmington. Cooperating with the social worker at the center, specialists presented information on management and food preparation.

As a result of staff contacts more than a year ago, the Girls Club of Wilmington requested assistance with sewing classes. Unable to schedule this work when needed, the staff located two qualified volunteer leaders to handle the classes. The specialist helped the leaders to develop their lesson plans.

There is a growing recognition of Extension's leadership in home economics as professional groups request help with their programs. For example, the nutrition specialist presented an educational program on eating habits to 65 managers of Delaware School Food Services. The public health nurses of New Castle County requested help in working with families where management is a problem. As a result of a conference with the Extension and nursing staffs, the Extension agent and home management specialist will work with a limited number of families and will provide training for the nurses.

Florida

The assistant home agent worked with underprivileged young people at the Salvation Army, helping them with grooming, clothing, attitudes, personality, etc. The home economics departments in the high schools are very cooperative with the 4-H and adult home demonstration work in the county, and agents work with schools during career days and for FHA programs.

Colorado

Cooperation between Extension and welfare agencies at State and county levels can be clearly shown by the work in Yuma, Alamosa, Rio Grande, Arapahoe, Montezuma, and La Plata Counties. Help has been given in most of the 29 counties which have the donated foods program. The clothing work, however, has developed at a slower pace. It is interesting to know that help on personal grooming and improving personal appearance has been requested by these groups more often than clothing construction.

Buying and making children's clothing have been important items for discussion in Alamosa and Arapahoe Counties. These programs were presented by the home agents. Quote from Arapahoe agent: "The work with ADC mothers has been most rewarding. A need for clothing programs certainly exists. These people have a limited budget plus lack of interest, and personal appearance suffers greatly." To continue, "The most outstanding result has been an increasing pride in their appearance and homes. For the first 3 months, there was difficulty in getting the group to hostess a meeting. Now, two or three speak for the next meeting." At present, these groups hesitate to participate with other groups but progress is excellent. Typical of the topics presented are "Make the Most of Your Figure," "Back-to-School Clothes," "Select Clothes Carefully--Keep Care in Mind."

The clothing specialist assisted the child welfare director in planning clothing budgets for children living in foster homes. The ages varied from infants to 18 years. The proposed budgets were developed with the idea that seasonal needs might cause increase in budget two or three times a year, with smaller amounts at other times. The result of the cooperative effort is to be recommended to State office by the local worker and will be one recommendation for the guide to be used state-wide. Welfare groups in Arapahoe County were assisted with furniture maintenance and care of the home. Boulder County assisted Mormon Church members and relief society on rug, floor, and upholstery care.

Iowa

The Extension Service cooperated with the State department of health to improve food quality in retirement and nursing homes in six pilot counties.

Their audience was cooks and operators of custodial and nursing homes in Webster, Winneshiek, Cerro Gordo, Buena Vista, Pocahontas, and Washington Counties. About 25-40 were in attendance at each meeting.

One to three meetings were held in the six pilot counties. Home economists gave talks and demonstrations on kitchen sanitation, meal planning, and principles of food preparation.

The areas of meal planning stressed were: increasing the protein content of meals; use of non-fat dry milk; variety in meals, especially the evening meal; increasing the use of foods with a high vitamin content; use of salads; and reducing fat in the diet.

The first efforts were concentrated in six counties. This pilot project will help give direction to extending this program to other counties. There are 750 Iowa nursing homes totaling approximately 25,000 residents.

A conference has been planned for Extension home economics supervisors, Extension nutritionists, and the dietary consultant of the State department of health to further define the role of county home economists in this program and to coordinate plans for future work of the two agencies.

Mississippi

The home agent working with Negro families and 102 leaders in Lee County spent 7 days developing a program on child development and human relations. The program was spread through group discussions, special conferences, subject-matter materials, radio, home visits, circular letters, workshops, and lecture.

In a countywide workshop on family life, emphasis was placed upon attitudes conducive to good home life, family relations, family recreation, and family worship.

A group of 20 leaders and the home agent organized themselves into a special club, "The Companions," to promote community concern, understanding, and action to begin to solve the serious problem of illegitimacy. The emphasis of the program will be on the proper creation of families.

Counseling, family life education, community education, and other social resources will be used to change irregular and self-destructive situations into healthy family groups. The recommendations submitted to the Advisory Council of the Lee United Neighbors, Inc., are: (1) that the project to combat illegitimacy be directed by the Department of Public Welfare, (2) that efforts be made to employ a well-trained Negro caseworker, (3) that the cooperation of the North Mississippi Community Hospital, the Department of Public Welfare, juvenile court, school boards, relatives, and other agencies which work with children, be sought for potential referrals.

HOME ECONOMICS SUBJECT MATTER

Reports indicate that basic subject matter from all areas of home economics is needed and can be adapted to use with families of low socioeconomic status. Examples are listed below.

Child Development and Family Relations

Alabama

Some 1962 objectives for Talladega County Extension programs were: (1) for parents and adults to acquire mature knowledge in counseling children and to adopt desirable practices; (2) for parents and youth to acquire knowledge in sex education; and (3) for youth to become aware of the tragedy of school dropouts.

"Guiding Principles for Better Understanding Youth and Adults" was discussed in 10 adult clubs, one community club, and with one special interest group. The general public was given counseling information through radio programs. Bulletins were distributed.

A teenage counseling clinic was conducted for youths and adults. The tragedy of youths who drop out of school was outlined by the Talladega County Attendance Supervisor. Sex education information was given during the clinic for both boys and girls. Adults received counseling information from Dr. Esther McGinnis, child development consultant from Tuskegee Institute. The district agent, a State 4-H Club agent, and Miss L. V. Battle served as consultants for girls on "Facts of Life." Other information was given on etiquette, dating, marriage, fashions, etc. A film on counseling, "You and Your Parents," was shown.

During National 4-H Club Week, the senior 4-H Club girls and boys presented a chapel program centered around school dropouts. A special feature was a panel discussion by a group of teenagers. The information was furnished by the attendance supervisor of the county schools.

Both boys and girls have indicated how much the teenage clinic has helped in better understanding of sex education and the tragedy of school drop-outs. Adults have indicated a better understanding in counseling youth. Parents say children talk to them more about their problems and often ask their guidance. Both youths and adults expressed their desire for a teenage clinic and a special session for adults in 1963.

Clothing

Kansas

Attention was given in 1962 to clothes for the physically handicapped homemaker. Public meetings were held in four counties with 322 attending. Four classes were held at Kansas State University during Home Economics Days with an attendance of 182. Twenty-two leaders in one county were trained for a unit lesson on clothes for the physically handicapped. A TV program was aired on the Kansas network.

A kit of garments patterned from those designed by Clarice Scott of the Institute of Home Economics (USDA) was made up and used for all the meetings listed above. The meetings are all titled "Clothes for free and easy motion" because so many of them are useful to women who are "physically limited" in any way. Many women have liked the apron for wet work. As usual, aprons are a favorite with women and the two bias-cut aprons are favorites.

The specialist visited with Sister Gema, Administrator of Mercy Hospital at Fort Scott, who was interested in the "child's self-help bib" designed some years ago. A physical therapist at Oakley is interested in clothing for children who wear braces to correct curvature.

A wheelchair pocket was made for Sister Mary Louise, R.S.M., of Mercy Hospital, and a pattern and directions supplied to her. Sister Mary Louise is wheelchair bound. She reports showing her pocket to nine people who have used her pattern. All report satisfaction. As a result, Mercy Hospital put pockets on all their wheelchairs. At present a Manhattan committee is considering making pockets for wheelchairs at Parkview Manor, a home for the aged where several spend much time in wheelchairs.

In 1963 a series of farmers' institutes and public meetings will be held titled "Clothes for free and easy motion." We hope in each area to have welfare and health representatives present to acquaint them with the possibilities of helpful clothing for handicapped women.

Kentucky

The clothing specialist, the district leader, and a rural sociologist have worked with a pilot program on clothing renovation in Floyd and Lawrence Counties. In Mercer County, 800 garments were renovated or updated as a result of two training meetings-one by the agent on renovation and trimming of sweaters and one by the specialist on updating clothes. The specialist was surprised at the interest shown.

In Metcalfe County, 90 homemakers and 50 non-homemakers received information on cutting and trimming or decorating sweaters. Homemakers say this has been one of their more valuable lessons. They have learned to turn sweaters not used by the family to practical advantage by recutting and trimming. Several have converted men's sweaters to useful and attractive sweater-dress costumes.

In Lewis County, four workshops were held on renovation of clothing and 64 women and girls were helped with individual problems. Twenty-four suits and 15 coats were restyled, remodeled, or mended. One thing the women and girls felt will be the most helpful was patching and reweaving.

The home demonstration agent in Leslie County reports that hardly a week goes by that she does not have a request to help someone with renovation. She has also worked with the owner of one of the used clothing stores in Hyden.

Community Improvement

Vermont

The work of a home demonstration agent in one low-income area illustrates how many family and community needs can be met by an alert Extension agent working with other community leaders.

The home demonstration agent noted that there were some low-income families on the west side of St. Albans who seemed to need companionship outside their own group, some recreation, and some of the knowledge and skills taught by the Extension Services. The agent helped these families

start a club for community betterment, 4-H Clubs for the girls and boys, and a garden program. The city officials of St. Albans have cooperated with this community in a cleanup campaign. The community club raised enough money to buy playground equipment and cleared a vacant lot of junk. A playground has been in operation throughout the summer months.

Improvements noted as the result of activities in which this home demonstration agent has been the key person are extensive. The city manager reports lower relief expenditures; the police report fewer calls to the neighborhood for family arguments; the school has noticed a change in the children; there have been no petitions for commitment filed and few complaints of children's behavior. Children from this area have gone to well-baby clinics for the first time. Dental care has become available and appreciated. Many parents have been able to go to the doctor or dentist for long-standing physical ills. Standards of home-making have improved. Most of all, these families are getting a sense of accomplishment and pride which was lacking when the project started.

Crafts

Arkansas

Arkansas people will soon be able to purchase high quality handicrafts, such as hand-woven products, wood carvings, pottery, braided rugs, and other products, in quantity. A seven-county group of craftsmen in north-central Arkansas recently organized to preserve native crafts and develop market outlets. This group, called "The Ozark Foothills Handicraft Guild," has a seven-person board of directors--one from each county.

The group requires high standards of workmanship for membership. Applicants are judged by a standards committee. Anyone in the seven-county area is eligible to apply. This group sponsored their first area fair in August at Batesville. Four thousand persons came to see the work and to make purchases.

This craft movement is an outgrowth of rural areas development work and is expected to create employment for many of the residents of the Ozark foothills.

Maine

Several counties carried a craft meeting with instruction given by a skilled craftsmen. The 1962 Farm and Home Week program included an exhibit of Maine crafts. The Director of Handicrafts Branch, Department of Industry and Development, Fredericton, New Brunswick, gave a series of lectures. Since then there has been a definite attempt to upgrade the quality of craft work done through community groups. Marketing, packaging, and proper use of medium have also been stressed. In many counties carrying Christmas exhibits, a start has been made in "jurying" the submitted articles. Upgrading craft articles will help the financial problems of many communities and aid resource development.

Puerto Rico

Thirty girls from Dorado and Canovanas were trained to increase their incomes by making articles out of sea shells and coconut straw. These were sold to tourists visiting the area.

Two hundred and fifty leaders were trained in the preparation of dry arrangements for home use and sale during the Christmas season.

Foods and Nutrition

Georgia

Seventeen counties held 49 meetings for low-income families. They reached 678 people. The classes included: use of surplus foods, nutrition, food preparation, care of clothing, food preservation, and budgeting.

Mississippi

A project was built around the planning and preparing of low-cost meals to raise the nutritional standard of as many of the Negro families of Coahoma County as possible, especially those receiving surplus commodities.

Pennsylvania

A demonstration on better breakfasts was conducted for the Salvation Army Home League in Butler County. The poor breakfast of the coffee-and-doughnut or tea-and-toast variety was shown, then a complete breakfast with juice or fruit, cereal, egg or bacon and egg, and milk.

Nutritional needs of all ages were discussed. The group included older folks living alone--the tea-and-toast variety. They showed much interest in the subject and asked numerous questions.

The Huntington County plan of work anticipates series of meetings on low-cost meals for those on low incomes. The leaders, who are well accepted by this group, will do the teaching using surplus and low-cost foods. Simple nutrition will be stressed, and we hope to include table setting, serving, etc., to give these women more pride in their meals and create a more pleasant atmosphere for the entire family.

Food Preservation

Florida

As educational adviser for the Gadsden County Canning Center, the home demonstration agent reaches thousands of low-income families throughout the year. The agent trains the supervisor and the other personnel to place orders for supplies and equipment and to keep a check on food handling and methods used in preservation.

The center is open the year round for families from Gadsden and surrounding counties in Florida and Georgia, and serves approximately 600 families each year. Special educational programs include workshops where latest techniques of freezing, canning, and food handling are taught, as well as information on planning the total family food supply.

Management of time and energy in food conservation as well as the money saved through conservation of surplus foods has been of great help.

Many of these families are regular visitors at the county home demonstration office to get bulletins and information on food and other subjects.

New audiences have been reached with home economics information and other problems. Many of these could not have been reached through other channels.

Although all income levels use the center, most are low-income families. A special listing of these families is kept and letters are sent twice yearly with food conservation information, announcements of food conservation workshops and training meetings, and other timely information.

Mississippi

This is of major importance in Coahoma County. The program is planned to train all home demonstration members in making and following food preservation budgets so they will have adequate amounts of the right foods conserved at home to supply their families and make better nutrition a reality.

Each club member is to reach and help at least three families that need this help. Their slogan has been "Today catch a fish for an Indian and tomorrow you'll have a hungry Indian. Today teach an Indian to catch a fish and tomorrow you'll have a full Indian."

Demonstrations on filling out canning budgets and new trends in canning and freezing were given by home and assistant agents at two training meetings open to the public. Better care and more efficient use of freezers were stressed. This information was taken back to community clubs and help was given to non-club women.

With approximately 50 percent of Negro families owning home freezers, less and less canning is being done. Most foods are being frozen, but much is yet to be done in getting those who do not belong to clubs to freeze foods correctly and to take better care of freezers.

Because of short food crops in recent years, less food has been saved than in the past.

Women and senior 4-H girls were helped to make pickles, relishes, including chutney, and preserves to sell as gifts. A reputation for high quality products enables the few who take time to produce the vegetables and fruits to find a good local market.

Group Participation

South Dakota

Results are not measured in organizations, but one begins to see much more self-assurance among the Indian women. A short time ago they would not hold a meeting without the agent to tell them what to do at every step. This past year they have carried out several important events, social and otherwise, with a minimum of assistance. They now can and will give simple oral reports at meetings where non-Indian women are

also present. There also is an increase in the number of good exhibits at fairs. Families and 4-H members have made an appreciable amount of money by selling surplus poultry, potatoes, and other produce. Women are doing more sewing and trying to plan better meals.

Home Management-Money Management

Arkansas

A home agent has been working with Negro families in the Little Rock housing authorities for over a year. She has made home visits to advise homemakers regarding management and care of appliances and small home equipment. She has also held small group meetings to give instruction on many problems, such as clothing, storage, laundry, planning and serving meals, care of home grounds and flowers, home care of the sick.

Wisconsin

A workshop on money management held at the Urban League in Milwaukee consisted of five meetings. The topics were: determining goals, net worth, and decision making; good buymanship principles; financial security, including insurance and social security; budgeting; recordkeeping, and legal matters. The workshop was attended by 12 young people. Only two married couples attended and the rest were divorced women with children or women whose husbands were either out working or babysitting. It was evident from the discussion that the members of this group were carrying a tremendous insurance load and that they did not understand their policies or what the insurance would do for them; secondly, that home ownership was one of the major goals of this group. Many have a great desire to own their own homes but do not understand all the ramifications of home ownership and its relationship to other family living goals. Plans are being made for a second workshop to cover these two areas more fully.

Housing and Home Furnishings

Delaware

A committee of Extension leaders met many times to develop a plan for reaching families in the Staytonville migrant camp last summer. Three volunteer leaders obtained permission to develop a one-room cabin as a sample home and, under the supervision of the home and youth agent, furnished the labor and donated furnishings themselves. Walls were painted; asbestos protection was placed around the cooking areas; storage was arranged for clothes, dishes, and food supplies; a wash area was developed with shelves for a wash basin and water bucket; secondhand furniture and furnishings were donated. The completed project, though crude, is an improvement over most of the housing units in the camp. The migrant minister reported that a number of families who visited the sample home were motivated to improve their own quarters.

North Carolina

The housing situation among Negro families is at its lowest ebb because the houses are old and run down. Houses that are over 30 or 40 years old need to be torn down and replaced with more convenient and comfortable facilities. As a result of plans worked out early in 1962, requests for assistance in housing were unusually heavy. The agricultural engineering and housing specialists worked long and hard to give assistance to each county Extension worker who requested help with building new homes, remodeling old homes, and installing running water and bathrooms. Thirty-four counties received help with housing.

Pennsylvania

The Philadelphia Housing Authority asked the Extension home economist for assistance in decorating model apartments in two city housing units. The home economist planned and carried out one plan with leaders in her county.

South Dakota

Several meetings and workshops resulting from earlier work with the home agent were held with a group of Indian families to help them prepare for their move into new housing units in the Pine Ridge Project. Family living records of income and expenditures were initiated. Home management specialists and family relations specialists helped prepare the families for new community living experiences. Furniture renovation workshops were conducted and over 60 pieces of essential furniture were reconstructed and recovered by the first 10 families. Used furniture was purchased in quantity from local suppliers and paid for by the individual families.

Training Home Management Aides

Connecticut

The Family Service Society in Hartford has about 30 "homemakers" working in one of three areas: (1) homemakers who do housekeeping and child care, (2) homemaker teachers who help mothers to become more adequate in housekeeping and child care, and (3) homemakers for elderly people (on a part-time basis) who enable them to maintain their own living arrangements.

"Homemakers" are selected for their experience in home management, child care, and good human relationships. They are supervised by a staff member of the agency. Training programs of two or three meetings are given at specified intervals. There is no home economist on the staff. The director called upon the home agent (who in turn asked for assistance from the family life specialist.)

The training programs objective was to teach "homemakers" to help people learn, i.e., new ways of housekeeping, home management, child care.

Three evening meetings were held (specialist present at first meeting).

1. Each homemaker told who she was and something of her work--its purpose and her successes.

Explanation of steps in helping people learn was given.

2. Homemakers reported attempts to apply steps of learning to household tasks, child care, or management of resources.

After discussion the homemakers role-played in an attempt to show behavior exhibited when using this method.

3. Agent gave specific information on helping people learn to manage money.

Homemakers demonstrated situations in which this information could be used.

One month after the course, an evaluation conference was held with three homemakers and the staff supervisor.

They found:

1. There was a need for more frequent training.
2. Two homemaker-housekeepers had decided they did not want to "teach," only to "do." (They will happily stay in their present category.)
3. One homemaker had some success teaching an elderly person to care for herself more adequately, i.e., a way to comb and arrange her hair.
4. Two homemakers using the learn-to-do method had success in teaching an easier, more efficient method of ironing. (One reported the client's husband was so pleased with the results he complimented his wife, and she in turn called the homemaker to tell how well she did!)
5. There is much that can be done to train homemakers in homemaker service on the job.

An interesting comment came from a "homemaker" working with low-income families, "You can't teach anybody anything if they haven't a full stomach and heat in the house."

Wisconsin

Urban areas with high population concentration are finding an increasing load on welfare services and many problems with low-income level families, especially in the core areas where families represent several nationalities and races. Many are unskilled laborers with low educational levels, many do not speak English, and there are many large families.

There is a great need to help such families gain more effective management of their resources--to help them establish family values that will encourage them to become self-supporting citizens.

At the beginning of 1962, Milwaukee County had approximately 40,000 people receiving public aid. According to the director of public welfare, this represented about 17,500 family heads. Fifty percent of these people were on relief because they were too old, sick, or handicapped to support themselves. Another 25 percent received relief because they had personal problems or lacked motivation. The remainder needed assistance because they possessed no needed skill. In addition, in an urban community there are always newcomers from rural or other communities seeking a better life in the big city. Many come with little training to fit them for gainful employment. Many have had little experience with city living. They are unfamiliar with the local food supply and are not used to such things as indoor plumbing, windows that open and shut, or flooring other than clay. When they find themselves in new surroundings that are strange and difficult, they are not prompted to join any group or even to become acquainted with their neighbors. Consequently, they are unable to raise their standard of family living.

The Milwaukee County Welfare Department and the board of public welfare recognized that education in the area of good family living practices might be the answer to many of these problems. The county home economics agents were therefore asked to initiate an educational program for this segment of the population.

There are now two Extension home economists spending full time on programs designed to help low-income families. They have the full cooperation of the public welfare department, which assumes responsibility for the recruitment of families as well as followup through their caseworkers. They also provide an apartment, furnished at the level of these families, where the home economists can give practical training in a natural setting.

The program has been very effective, even in its beginning stages. It is described in the following pages:

The director of public welfare asked the Cooperative Extension Service to develop subject-matter material and train 50 home management aides, who would in turn be assigned by the welfare department to other relief families where help with home management problems was needed. These women would go into the home as teachers--not as housekeepers.

Caseworkers were asked to recruit trainees. They used the following criteria: (1) the client should be able to read and write, (2) her own housekeeping skills should be above average, and (3) she must be willing to attend the classes.

The women attended a 3-hour class three mornings a week for 2 months. Subject matter was developed by the county Extension staff with the help of University of Wisconsin specialists. The classes started with a lesson on the principles of good nutrition, using primarily the basic four. This was followed by lessons on meal planning. The women actually planned meals for a week for their families, using food ads from the newspapers and the Government bulletin, "Family Fare and Food Management." The meal planning lesson was followed with a lesson on developing the shopping list. The group then took up the principles of wise food buying and followed it with specific lessons on buying meat, poultry, and fish, dairy products, eggs and cereal products, and fruits and vegetables, both canned and frozen. At the same time, they were asked to keep weekly record forms on their expenditures for food and household items. This ultimately led into the lessons on budgeting, decision making, values and goals, and working in a formal budget book.

The welfare department supplied each client with a categorical breakdown of her budget. This was the first time these women had ever seen such a breakdown. They were asked to keep their budget books and to record every expenditure they made. At the end of the course, the books were reviewed and suggestions made on how they could do a better job of using their welfare dollar.

The second unit of the course covered care of the house. A lesson on buying soaps and detergents, cleansers, and waxes was given first. A detailed discussion on household chores, pest control, and proper laundry procedures followed. A housekeeping manual was developed to serve as a step-by-step guide for the trainee when she was assigned to a family. In summary, the group worked on scheduling of household chores so that thorough housecleaning could be included in the daily schedule.

Unit three of the home management course dealt with the selection of clothing, with emphasis on buying children's clothing. The subject matter and discussion was followed with a field trip to a department store, where the women were given problems to solve and a discussion was held of their choices, whether good or bad. This was followed by a workshop on the care and repair of clothing. Each woman was asked to bring her mending problems to the class and 2 days were spent working with each aide, helping her to repair the clothing properly. Some time was also spent in demonstrating how new clothing could be reinforced before wearing to prolong the life of the garment.

Credit and installment buying were the subject of another class. Although these welfare clients are not by law entitled to use credit and installment buying, many of them have old debts they are paying off, or have in some way or another been involved in the business of securing credit. The object of this lesson was to point out to them how expensive credit is and show them how to figure the real cost of credit.

The next four sessions of the course were workshop meetings in which the women did practical experiments in recipe reading, using proper cooking methods and proper measuring skills. This was followed with lessons on master mix, vegetable, and meat cookery. These lessons were planned to motivate the aides to use imagination and skill in meal preparation. They were given an opportunity to prepare unfamiliar and inexpensive foods in interesting ways. The last laboratory session was on cooking for children and large families. The object was to point out ways to use the regular family menu for small children and also how to make one-dish meals that would serve large families when the mother hasn't time or energy to spend preparing a complicated meal.

Child care was the subject of the last lesson. The home management aide should understand the various stages of development in children and what to expect of them so that they aren't shocked to go into a home and find a 3-year-old who is "into everything."

The home management aide course climaxed with a general quiz given more to find out how well the teacher taught than what the student learned. Graduation exercises with a speaker and the awarding of certificates were conducted and the aides were returned to the welfare department for assignment to families.

The home management aides have demonstrated a good understanding of the practical application of meal planning, shopping techniques, cooking, mending, and budgeting. The improved methods they have learned have been of great benefit to them in managing their own households and allowances.

To date, 70 women have been trained in the home management aide training course and 15 women are in the process of going through the training. Of these women, 38 were certified as being qualified home management aides and were returned to the welfare department for assignment. Thirty-two women are working in the field at the present time under the supervision of the five civil service homemakers. Eleven have found private employment and are off the relief rolls. The remainder are unable to work because of small children, or for health reasons.

In reviewing some statistics on the women trained, it was found that the ages ranged from 20 years to 57 years, with an average age of 38. There was a great variation in education. One-third of the class had not gone beyond the ninth grade, while another third had completed high school. Two of the women had 2 years of college training. Twenty-two of the 55 trainees had received their schooling in Wisconsin. Test scores ranged from 52 to 100, with 44 percent of the trainees scoring 80 or better. It might be noted here that many of them were under great emotional strain as they took the test and these test scores are not too reliable.

Many of the trainees seemed to have great difficulty with simple arithmetic. Some had poor reading and comprehension skills and a few had poor writing ability and manual skills. They all learned best by doing and by relating information to problem solving within their own experience. Repetition was an essential part of the teaching procedure. The use of visuals and films in teaching was very beneficial to this group. The underlying philosophy used with these trainees was that of developing their teaching ability and this approach gave them the feeling they could make a contribution to their community and enhanced their interest in the course. They knew that they were a hand-picked group and were responsible for the success of the program. This also raised their interest level.

The course gave these woman an opportunity to get out with others and to share their problems and experiences with a group that had the same problems. They were very free to offer information from their own experiences, but were fearful of intruding upon others' private lives and being accepted by the families with whom they would be working. They seemed more fearful of not being accepted by the families than they were of not being able to teach the subject matter. It was very noticeable that their personal grooming habits improved measurably as the course progressed. At the beginning, many of them came with buttons missing from their clothing and unkempt hair. By the time they left the course they were reasonably well groomed, yet no formal instruction was given in this area.

There was a great willingness to learn and to change attitudes on the basis of new information, particularly in the area of consumer buying and budgeting. Most of the women came to the realization that budgeting and recordkeeping result in better management of the relief check. Several trainees found that for the first time their relief check stretched to the end of the month, and two women reported they were able to buy some needed household items with money they were able to save. They related this directly to their budgeting and recordkeeping. The morale of the class improved greatly as the class progressed, and at the end the trainees were most enthusiastic and anxious to start work but sorry that their training period had ended. They suggested that the trainees be brought together at a later date to discuss problems they encountered on the job.

A refresher meeting was held in September. Twenty-one home management aides attended the meeting. An open round-table discussion was held. They were asked:

1. To describe the families they were sent to help,
2. What subject matter they received in class helped the most,
3. What subject matter should be added to the course,
4. What problems they would like to discuss.

Some significant comments were:

1. Families having a husband in the home cannot be helped by the aide as much as if there are just women alone. The men seem to resent the attention being paid their wives by the aide.
2. Some families refused the help of the aide. It is important that the aide be assigned to a family that is receptive to this type of assistance and that she be closely supervised so that the maximum benefits are obtained.
3. Some welfare recipients feel that no one can help them--what they need is "more money from the welfare department." The aide felt that the caseworker could do much to improve this attitude.
4. The aides feel the course has helped them greatly in their own food planning and shopping. One aide said, "My family is not only full now, but also well fed."
5. Another aide went into a home where they were 3 months behind in the rent and with a \$260 grocery bill. With the help of the aide, the family is now up to date with the rent and the grocery bill has been reduced to \$.90.

6. The aides reported that they accomplished more when they rolled up their sleeves and worked right along with the client. They did notice that once they got things organized and clear, the woman made an effort to keep it that way.
7. Some aides reported that the clients are so happy to have a caller, they have to sit and visit a while before they can get to work.
8. The aides felt that many families had mental and physical problems and that the aide should be given some background information about the family before she goes into the home.
9. Every aide reported that she had to win the client over as a friend before any progress was made. One aide made the comment that if you get next to the children, you can get next to the parents.
10. The women felt the material they got on low budget menus and master mix was of the greatest help to them. Many of the women reported that the client would accept help on housekeeping problems, but did not want anyone to help with food buying or money management.
11. The aides feel that they are making progress with the families and they themselves enjoy the work.

Urban League School for Housewives' Program--The Milwaukee Urban League is a social service agency working in the inner core area. There are approximately 144,000 people living in this area, of which 63,500 are Negroes. The Urban League staff expressed interest in a school for housewives. The program was set up to include four demonstration meetings highlighting simple, inexpensive recipes for hearty appetites, emphasizing the use of donated foods. This was followed with a lesson called, "Clothing Dollars Wisely Invested," which emphasized tips on the purchase of children's clothing and shoes. Included was a field trip to a discount department store. "Care and Repair of Clothing" was the subject of a workshop designed to develop skills in the repair of clothing. A "Smart Shopper's Guide" consisted of a series of four meetings highlighting dollar-saving ways when grocery shopping. A series of three meetings was held on "Meal Planning" with an eye to good nutrition and budgeting time and money. "First Aid for Furniture" was the subject for a workshop designed to develop skills in refinishing furniture. "Where Should I Shop" was a lesson designed to point out the advantages and disadvantages of shopping at discount houses, mail order houses, and retail stores. And the final lesson on "Credit--Good or Bad" was a study of the principles involved in credit buying.

The school for housewives meeting was held each week for 2 hours. It was held at the Urban League, and nursery facilities were available so

that mothers with young children would be able to attend. Fifteen members, recruited from the Urban League area, participated in the course. While the turnout was disappointing, the caliber of women attending the classes was excellent and they received a great deal of help from the subject matter. All of these women are potential leaders and it is hopeful that they will be used as leaders in recruiting neighborhood clubs. The materials from this project were used in an exhibit at a Better Living Show at the Home Show of the Urban League. About 65 people attending the Home Show requested materials that were on display.

SPECIAL NEEDS AND CONSIDERATIONS

IN WORKING WITH LOW INCOME FAMILIES

Indiana

Welfare recipients have said and shown that they want to be taught, that they want their children "to have it better." The ingredients are there but some paid helpers are needed to harness all the volunteer forces. Plans are now being made for bigger classes. The people are asking to learn. If the human waste can be reduced, these people given a new outlook, or their children helped to solve problems, the money spent will bear higher interest than can be imagined. It is expected that this work with low-income families will be continued on a limited basis. If more help were available the Extension audience could be expanded a great deal and people who are in real need could be taught.

Pennsylvania

One objective of the home management specialist was to work with social welfare agencies that ask our help in working with their clientele. This was met primarily through office conferences to help four individual county Extension home economists define their contributions to the agencies. It is recognized that much more help needs to be directed toward requests from welfare agency representatives. Efforts during 1962 were inadequate.

Missouri

At the present time (1963), specialists in home management, food, clothing, and human relations are making contacts with housing project personnel and holding pilot meetings with people living in housing projects. It was found necessary for State specialists to make these contacts to be

most helpful to the home economists working with those in housing projects. It has been encouraging to find leadership developing among these women. Definite progress is being made, though information has to be presented in a much simpler form and in smaller quantities than is usual. The contacts are helpful in preparing suitable materials for these families.

Several valuable lessons have been learned in Missouri. First, to work effectively in family economics with senior adults, the work and plans of other groups and organizations concerned with aging must be known and understood. It has been time consuming but well worthwhile to become familiar with the aging concerns of the Metropolitan Church Federation; Jewish and Catholic churches; the Health, Education and Welfare-Council; St. Louis University; missions, Housing Authority, and business firms. They must know about the Extension educational program in family economics before their programs are planned for the year.

Second, in working with families whose economic level, social status, and racial traditions are different, it is exceedingly important to locate and use their accepted leaders, to become acquainted with their needs and interests, and to cooperate with their representative organizations.

Third, family economics gets right at people's pockets. Often a personal and touchy subject, it must be handled with tact and respect for personal dignity.

Fourth, a program on aging takes time to move. Extension's role has been, and will continue to be, that of providing educational information in cooperation with other groups. Future plans include a series of five programs with a library located in a housing project; work in Kinlock, a Negro community; and work with the Urban League and its 459 block leaders. Plans also include continuing work with groups and programs previously mentioned.

The potential is great. Steady followthrough and constant feelers for future work are both needed.

New York

As a result of contacts such as donated foods recipients, agents are anxious to expand their teaching of low-income families and have requested specialist help with appropriate teaching materials. Many of these families have a low level of literacy. Material which is suitable for other phases of the Extension program has many limitations for use with the low-income group. To meet this need, the Departments of Food and Nutrition and Household Economics Management are cooperating in developing an agent training session on "Feeding the Family on a Low Cost

Food Plan." In addition to subject matter, the training will be designed to help agents with teaching materials and techniques for working with low-income families.

Kentucky

Kentucky has prepared some leaflets written on a fourth grade reading level to use in clothing renovation workshops.

A workshop on care and renovation of clothing was developed in November 1961 at the request of home agents in eastern Kentucky, who felt there was a real need to help people make better use of available clothing. There are many secondhand clothing stores in these counties. Also, much clothing is distributed to low-income families through church schools. Many of the people do not sew and therefore use the clothing just as they purchase or receive it.

The workshop pooled home agents' and specialists' knowledge to develop plans to: help women and girls select new or used clothes wisely; help women and girls make the proper use of clothing; and teach techniques for remodeling. Since many of the people with whom the agents work are of low educational as well as of low-income level, the clothing specialists wrote five simplified leaflets to use in connection with this workshop. These leaflets, written on a fourth grade reading level, were adapted from those used with regular Extension groups. They are:

- H.E. 2-900--Your Hem. 1961
- H.E. 2-901--A Good Fit in Your Dress. 1961
- H.E. 2-902--How to Measure Your Size. 1961
- H.E. 2-903--Get Dress Designs Best for You. 1961
- H.E. 2-904--Are You Buying a Coat or Suit? 1962

Five thousand of the low-level reading leaflets were originally printed and 3,000 have been rerun of H.E. 2-900 and H.E. 2-902. These have been used by agents who attended the workshop and by other agents in the State, for distribution both to people interested in renovation and to 4-H leaders and club members. Requests for the leaflets from Arkansas and North Dakota have been filled. Leaflets were also requested by USDA for use in India, by the Kentucky State Department of Home Economics Education and by a teacher of retarded children. Seven news releases and four radio tapes were also prepared.

Some agents have held similar workshops in their own counties (Greenup, Leslie, Lawrence, Lewis, Estill, and Breathitt). Others have helped individuals with renovation problems. Leaflets have been made available in country stores, laundromats, and used clothing stores.

Wisconsin

A simplified outline on house care was prepared by the home management specialist. Early in 1962 she worked with the home economics agent of Milwaukee County to adapt some management teaching materials and methods for use in a training program for women with low incomes. The home agent developed a 10-week course which met three mornings a week. Instruction on methods and good procedures for routine care of the house was included. Literature used in regular Extension programs did not seem suitable. Following visits to homes of welfare families by the Extension home economist, and with help from members of the welfare staff, a basic instruction booklet on home cleaning was prepared, called "Easy Steps to a Spic and Span House." This presents step-by-step, the things to be done daily, weekly, and periodically, for each room. The tools and supplies suggested are kept to a minimum, yet are adequate with as little expenditure as possible. An outline form with simple words was used. The agent reports that the training meetings on care of the house are now much easier and class reaction is favorable compared to the first series. Following the simplification of the house care material, some changes were made in the presentation of laundering information. A less complex detergent bulletin has been purchased to help in the selection of laundry products.

The specialists in housing and home management assisted in making general plans for teaching space and an apartment. This is for class members to gain experience in caring for typical rooms with modest furnishings similar to those of low-income family homes. The State staff provided some ideas but the county staff will make the final plans. This space will be available in 1963.

Massachusetts

The Second Evaluation Report of the Community Services Center, United South End Settlements in cooperation with the Boston Housing Authority and the University of Massachusetts, November 1961 to February 1963, points out a number of important factors relevant to having a successful home economics program in a low rental housing center. They are:

1. A home economist must be very flexible in her approach to low-income homemakers. She should try to get to know the individual tenants well and understand some of their values. Knowledge of the community and its resources gives her an opportunity to carry on improved programs.
2. The home economist must work in partnership with other members of the CSC team, to establish an environment which is congenial, stimulates the homemakers, and encourages curiosity for new ideas and the establishment of good communication.

3. It is necessary to set realistic goals and objectives that can be achieved.
4. Indigenous leadership is needed to support and extend the program and make it possible to achieve goals and objectives.
5. Materials should be used in creative ways to meet the needs of homemakers.
6. It is also necessary to make continuous use of evaluation involving the homemakers, management, and the CSC staff. It is very important to identify the blocks and barriers which prevent the teaching and communication of ideas.

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